



# Mile Markers



*We Give You the Run-Around*

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June 2005 Volume 27, No 6

P.O. Box 1818, Santa Fe, NM 87504

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## **June is Run Around Month!**

The 27<sup>th</sup> Annual Running of the Santa Fe Run Around is June 4.

### Race Day Schedule

5K & 10K Start 8 AM  
Kids 1K Start 9:30 AM

### Entertainment on the plaza with:

Wise Fool  
The Hill Stompers  
Blue 102

### New this year

New Food! San Francisco St Bar and Grill will be doing a brunch promotion. Rob Day has been a great supporter of the Striders for many years. Give it a try!

New Awards! In the past the age group awards have been weavings from Chimyo. This year 1<sup>st</sup> and 2<sup>nd</sup> place finishers will receive pottery from Paseo Pottery.

## **Kids Art Contest Winners!**

This year's art contest winner is Emilie Leriche, age 12. Her drawing is featured on race posters, entry forms, and the race

T-Shirt. Runners up were Liza Doyle, age 5, and Kiana Lamberton, Age 6.

## **Run Around Volunteers Needed!**

Packet Stuffing June 1, 6 PM

Kris Peterson's house, 215 Sereno Dr.  
Call 820-6247 for directions.

Race Day! June 4

Volunteers are needed for:

Course set up  
Registration  
Finish line assistance

Contact Kris Kern or Mick Kappler.

## **June Events**

4 Santa Fe Run Around  
19 Camel Rock Run  
19 Butterfly Run  
25 Los Alamos Mini Marathons

## **June Meeting**

There will be no June meeting, to allow us to recover from putting on the Run Around

## **Memberships!**

Stop reading now if you already paid!

Last month I warned you  
You should have listened  
Now I asked for your dues  
In a poem that doesn't rhyme

We do really great work  
With runs that serve all  
But a literary bent isn't ours  
From now on we'll leave that to the pros

Sutin, Dorbin, and Day  
May turn a phrase or two  
But we just try to get the job done  
On a budget that comes from you

## **Past Events**

### **Panther Run**

Strider Ted Freedman organized the first Panther Run to benefit Wood Gormley PTA, with support from the Striders. Turn out was fantastic! Congratulations to Ted for putting on a great inaugural event!

### **Atomic Man Duathlon**

The Striders supported the inaugural Atomic Man Duathlon. The event went very well, and we should look forward to a quality event again next year.

### **La Bajada Run**

Despite our late announcements, there was a nice turn out for the annual fun run from the town of La Bajada. Thanks to June Dickinson for organizing the run.

## **Thursday Evening Runs**

6 PM from the Running Hub. Join us!

## **Track**

6 PM Santa Fe High School track. Warm up well! Bring water. Workouts will be announced on the e-mail list prior to the workout.

## **Sunday Runs**

Eric Peters is doing a great Strider service coordinating Sunday morning runs. The details are sent out on the Strider email list each week. If you aren't on the list, see below. If you don't have email, contact Eric 466-2460

## **Race Results!**

### **Massanutten Mountain Trail Run**

23/24 Kris Kern & Stuart Kern 28 hrs

My brother and I have started many runs together, but have finished only a few side by side. This time, we covered the entire 100 miles over 28 hrs together. The highs, the lows, the dark, and a very cold morning.

## **Strider Officers:**

Kris Kern, President  
Kris Peterson, Vice President  
Tove Shere, Treasurer  
Mick Kappler, Newsletter editor

## **Strider Shirts**

We have a limited number of special edition Strider coolmax tank tops. They are bright yellow with the Strider logo on the front – certain to get attention at the starting line. \$20 for Strider members. Contact Kris Kern.

# Huge Wall To Wall Sale

**20%  
OFF**

**All**

Running, Trail & Walking Shoes  
Men's & Ladies Apparel  
Insoles & Running Accessories

**50% Off – Select Shoes and All Winter Clothing**  
Sale Ends: June 11, 2005



**The Guadalupe Center**

333 Montezuma Avenue #6 Santa Fe, NM 820-2523  
(Between Guadalupe & Sandoval-Next to The Paper Tiger)  
Sale Ends June 11, 2005

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## Los Alamos Mini Marathons – June 25 Entry Form

Make check payable to High Altitude Athletics Club Mail to: P.O. Box 298, Los Alamos, NM 87544

**Name:** \_\_\_\_\_  
(Please Print) First Middle Last

**Address:** \_\_\_\_\_  
Street or P.O. Box City State  
Zip Code

**Age on June 25, 2005:** \_\_\_\_\_ **Sex (check one):**  Male  Female **Telephone:** \_\_\_\_\_

**Race (check one):**  1K Fun Run  5K Run  20K Run

**T-shirt Size (check one):**  S  M  L  XL **Cardiac Div.:** \_\_\_\_\_

**Registration Waiver:** I hereby, for myself, my heirs and personal representatives, waive all rights and claims against the High Altitude Athletics Club, Los Alamos National Bank, the County of Los Alamos, and any other race organizers and sponsors, their representatives, and successors, and/or assigns, of the Los Alamos Mini Marathons, for any injuries or damages I may sustain as a race participants on June 25, 2005. I give race officials permission to obtain medical aid for me should I, in their judgment, require it. I understand that volunteer first aid assistance may be available at the Mini Marathons, and I agree that such volunteer medical assistance may be rendered to me.

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Participant Signature (Parent signature if participant under 18)

## Santa Fe Striders Club Membership Application and Waiver



Name: \_\_\_\_\_

- Renewal  
 New member  
 Email newsletter

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Annual dues for the Santa Fe Striders club are \$15. A \$1.25 is for a subscription to the RRCA's quarterly magazine, *footnotes* for one year. Annual fees are due in January and membership runs through December. If you are paying in July or later, the dues are \$7.50. Make checks payable to Santa Fe Striders and mail to PO Box 1818, Santa Fe, NM 87504.

WAIVER: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the SANTA FE STRIDERS Road Runners Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

\_\_\_\_\_  
Signature Date

\_\_\_\_\_  
Parent's Signature if under 18 yrs. Date

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